What is claimed is:

- 1. A lens-fitted film unit, comprising:
 - a main body;
 - a photographic film, pre-loaded in said main body;
 - an electronic flash unit;
 - a shutter unit;
 - a camera lens; and
 - a diaphragm;

wherein a guide number of said electronic flash unit, a T-number determined from said camera lens and said diaphragm and a shutter speed of said shutter unit are determined so that A is not more than 8.5 when A represents an EV value of a reference exposure amount of said lens-fitted film unit under a first photographing state minus 1.5; and intensity of a latent image, formed on said photographic film under the condition that a reference reflection panel being placed at a predetermined distance between 2-3 m from said lens-fitted film unit is illuminated by said electronic flash unit without other lights in said first photographing state, corresponds to intensity of a latent image obtained under a photographing condition of photographing luminance not more than A + 5.0 in EV value.

- 2. The lens-fitted film unit of claim 1, wherein said guide number of said electronic flash unit, said T-number determined from said camera lens and said diaphragm and said shutter speed of said shutter unit are determined so that a intensity of a latent image, formed on said photographic film under the condition that a reference reflection panel being placed at a predetermined distance between 2-3 m from said lens-fitted film unit is illuminated by said electronic flash unit without other lights in said first photographing state, corresponds to intensity of a latent image obtained under a photographing condition of photographing luminance not more than A + 4.5 in EV value.
- 3. The lens-fitted film unit of claim 1, wherein a shutter speed in said first photographing state is slower than a shutter speed in a second photographing state that photographing is executed without using said electronic flash unit.
- 4. The lens-fitted film unit of claim 1, wherein a T-number in said first photographing state is smaller than a T-number in a second photographing state that photographing is executed without using said electronic flash unit.

- 5. The lens-fitted film unit of claim 4, wherein said diaphragm includes a panel member having two holes in different sizes, said panel member is movably placed between said camera lens and an exposure surface of said photographic film, and T-number of said lens-fitted film unit is varied by moving said panel member.
- 6. The lens-fitted film unit of claim 1, wherein EV value A' of said reference exposure amount under said first photographing state, converted to an EV value under the condition that photographing is executed with an ISO 100 photographic film in said first photographing state, satisfies the formula:

7. The lens-fitted film unit of claim 6, wherein EV value A' of said reference exposure amount, converted to an EV value under the condition that photographing is executed with an ISO 100 photographic film in said first photographing state, satisfies the formula:

8. The lens-fitted film unit of claim 6, wherein at least one of said shutter speed and said T-number in said first

photographing state is different from those in a second photographing state and EV value B of said reference exposure amount, converted to an EV value under the condition that photographing is executed with an ISO 100 photographic film in said second photographing state, satisfies the formula:

$$A'+1 <= B <= A'+4$$
.

9. The lens-fitted film unit of claim 8, wherein EV value B of said reference exposure amount, converted to an EV value under the condition that photographing is executed with an ISO 100 photographic film in said second photographing state, satisfies the formula:

- 10. The lens-fitted film unit of claim 1, wherein said electronic flash unit includes a main capacitor whose capacity is between 15 μF and 80 $\mu F.$
- 11. The lens-fitted film unit of claim 1, wherein a guide number of said electronic flash unit at ISO 100 is not more than 9.
- 12. The lens-fitted film unit of claim 1, wherein said electronic flash unit has a constant light amount.

- 13. The lens-fitted film unit of claim 1, wherein said electronic flash unit has an electronic flash circuit, comprising:
 - a boosting circuit;
 - an electronic flash light emitting circuit, having;
 - a trigger circuit;
 - a main capacitor; and
 - an electronic flash light emitting tube;
- a light-receiving element for receiving light, reflected from an object when said electronic flash light emitting tube emits light, so as to generate light-receiving signals; and

an electronic flash light emission stopping circuit for stopping light emission of said electronic flash light emitting tube according to said light-receiving signals of said light receiving element.

- 14. The lens-fitted film unit of claim 1, wherein said electronic flash unit uses a battery of AA size or AAA size.
- 15. The lens-fitted film unit of claim 1, wherein said T-number of said lens-fitted film unit in said first photographing state satisfies the formula:

when F is said T-number.

16. The lens-fitted film unit of claim 15, wherein said T-number of said lens-fitted film unit in said first photographing state is different from that in a second photographing state and said T-number in said second photographing state satisfies the formula:

when F' is said T-number.

- 17. The lens-fitted film unit of claim 1, wherein a focal length of said camera lens is between 28 mm and 35 mm.
- 18. The lens-fitted film unit of claim 1, wherein said camera lens has single focal length.
- 19. The lens-fitted film unit of claim 1, wherein said shutter speed and said T-number are fixed in said first photographing state.
- 20. The lens-fitted film unit of claim 1, wherein said shutter speed in said first photographing state satisfies the formula:

$$1/30 >= T >= 1/100$$

when T is said shutter speed.

21. The lens-fitted film unit of claim 1, wherein said shutter speed in said first photographing state is different from that in a second photographing state and said shutter speed in said second photographing state satisfies the formula:

$$1/60 >= T' >= 1/130$$

when T' is said shutter speed.

22. The lens-fitted film unit of claim 1, wherein said shutter speed in said first photographing state and said guide number of said electronic flash unit at ISO 100 satisfy the formula:

$$G^2/T < 8000$$

When G is said guide number and T is said shutter speed.

23. The lens-fitted film unit of claim 1, wherein said Tnumber in said first photographing state is smaller than said
T-number in a second photographing state and MTF values of
said camera lens at a vicinity of the axis satisfies the
formulas:

when M 24 is a MTF value of said camera lens when a distance between said lens-fitted film unit and an object to be photographed is 4 m, said T-number is of said first

photographing state and a spatial frequency is 15 lines/mm; and M 22 is a MTF value of said camera lens when a distance between said lens-fitted film unit and an object to be photographed is 2 m, said T-number is of said first photographing state and a spatial frequency is 15 lines/mm.

- 24. The lens-fitted film unit of claim 1, wherein said guide number of said electronic flash unit, said T-number determined from said camera lens and said diaphragm and said shutter speed of said shutter are determined so that intensity of a latent image, formed on said photographic film under the condition that a reference reflection panel being placed at a predetermined distance between 2-3 m from said lens-fitted film unit is illuminated by said electronic flash unit without other lights in said first photographing state, corresponds to intensity of a latent image obtained under a photographing condition of a proper photographing luminance.
- 25. The lens-fitted film unit of claim 1, wherein said guide number of said electronic flash unit, said T-number determined from said camera lens and said diaphragm and said shutter speed of said shutter are determined so that intensity of a latent image, formed on said photographic film under the condition that a reference reflection panel being placed at a

predetermined distance of 1 m from said lens-fitted film unit is illuminated by said electronic flash unit without other lights in said first photographing state, corresponds to intensity of a latent image obtained under a photographing condition of a photographing luminance not more than A + 5.0 in EV value.

- 26. The lens-fitted film unit of claim 1, wherein said shutter speed in said first photographing state is slower than said shutter speed in a second photographing state and said guide number of said electronic flash unit at ISO 100 is between 11 and 12.
- 27. An image forming method, comprising the steps of: photographing a picture with a lens-fitted film unit; exposing a photographic film, pre-loaded in said lens-fitted film unit;

taking out said photographic film, pre-loaded in said lens-fitted film unit having an electronic flash unit and exposed by a photographing operation, from said lens-fitted film unit;

developing said photographic film; and

forming a visible image on an image carrier according to image information formed on said photographic film by said

developing step;

wherein said lens-fitted film unit comprises a main body, said photographic film, pre-loaded in said main body, said electronic flash unit, a shutter unit, a camera lens, and a diaphragm;

a guide number of said electronic flash unit, a T-number determined from said camera lens and said diaphragm and a shutter speed of said shutter unit are selected so that a minimum photographing luminance, which enables latent image forming on said photographic film by which an image is able to be formed on said image carrier when a photographing operation is carried out with a T-number and a shutter speed of a first photographing state without execution of said electronic flash unit, is not more than 8.5; and

a difference between a background luminance and a luminance of a reference reflection panel is within a latitude of said image carrier that said image is able to be formed thereon when said reference reflection panel being placed at a predetermined distance between 2-3 m from said lens-fitted film unit is illuminated by said electronic flash unit under said minimum photographing luminance as said background luminance in said first photographing state.

28. The image forming method of claim 27, wherein said minimum

photographing luminance is an EV value of a reference exposure amount of said lens-fitted film unit under said first photographing state minus 1.5.

29. A lens-fitted film unit, comprising:

- a main body;
- a photographic film, pre-loaded in said main body;
- an electronic flash unit;
- a shutter unit;
- a camera lens; and
- a diaphragm;

wherein a guide number of said electronic flash unit, a T-number determined from said camera lens and said diaphragm and a shutter speed of said shutter unit are determined so that a minimum photographing luminance, which enables latent image forming on said photographic film by which an image is able to be formed on an image carrier when a photographing operation is carried out in a first photographing state without execution of said electronic flash unit, is not more than 8.5; and

a difference between a background luminance and a luminance of a reference reflection panel is within a latitude of said image carrier that said image is able to be formed thereon when said reference reflection panel being placed at a

predetermined distance between 2-3 m from said lens-fitted film unit is illuminated by said electronic flash unit under said minimum photographing luminance as said background luminance in said first photographing state.

30. The lens-fitted film unit of claim 29, wherein said minimum photographing luminance is an EV value of a reference exposure amount of said lens-fitted film unit under said first photographing state minus 1.5.